

Student: _____ Date of Birth: _____ SAIS Number: _____

**FORM 2-PA
PHYSICAL ACTIVITY**

**STANDARDS STATUS REPORT
FUNCTIONAL AND READINESS LEVELS**

SCORING: Use the Analytic Scoring Tool (AST) to determine the score for each essential skill the student demonstrates. Circle the score obtained in the appropriate column using the designated color for that review date. Items in parentheses are examples to help you frame your professional judgment. Examples are not exhaustive. Scoring is based on the listed examples or other similar tasks noted in the comments section. Teachers should feel free to add any comments to clarify student skills; e.g., how student performs task by drawing, printing, using computer, Braille, or printed word.

STANDARD 1: PHYSICAL ACTIVITY

Students demonstrate proficiency and the achievement of higher order cognitive skills necessary to enhance motor skills.

READINESS (Kindergarten)

Students know and are able to do the following:

STANDARD 1: PHYSICAL ACTIVITY	Comments	Emergent	Supported	Functional	Independent
READINESS (Kindergarten)		See AST Score 1-3	See AST Score 4-6	See AST Score 7-10	See AST Score 11
1PA-R1. Demonstrate progress toward the mature form of selected manipulative, locomotor, and non-locomotor skills.					
PO 1. Demonstrate a variety of manipulative skills (e.g., strike, throw, dribble, kick, roll, catch, trap, punt, and volley).		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
PO 2. Demonstrate locomotor skills (e.g., walk, run, hop, jump, skip, slide, gallop, and leap).		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
PO 3. Demonstrate a variety of non-locomotor skills (e.g., bend, turn, twist, balance, stretch, push, pull, rock, and sway).		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11

10/01/03

Student: _____ Date of Birth: _____ SAIS Number: _____

STANDARD 1: PHYSICAL ACTIVITY	Comments	Emergent	Supported	Functional	Independent
READINESS (Kindergarten)		See AST Score 1-3	See AST Score 4-6	See AST Score 7-10	See AST Score 11
1PA-R2. Demonstrate mature forms in walking and running.					
PO 1. Demonstrate mature form in walking and running.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
1PA-R3. Identify fundamental movement patterns (e.g., skip and strike).					
PO 1. Recognize movement patterns of manipulative, locomotor, and non-locomotor skills.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
1PA-R4. Establish a beginning movement vocabulary (e.g., personal space, high/low levels, fast/slow speeds, light/heavy weights, balance, twist).					
PO 1. Demonstrate an understanding of movement concepts in physical activity (e.g., space awareness, body awareness, qualities of movement, and relationships).		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
1PA-R5. Apply appropriate concepts to performance (e.g., change direction while running).					
PO 1. Perform movement concepts in physical activity: <i>Space awareness:</i> personal space, direction, level, pathways, and planes. <i>Body awareness:</i> shapes, balance, body weight transfer, and flight. <i>Qualities of movement:</i> time, speed, force, and flow. <i>Relationships:</i> among body parts, objects, and people with people.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11

Student: _____ Date of Birth: _____ SAIS Number: _____

STANDARD 2: PHYSICAL ACTIVITY

Students comprehend basic physical activity principles and concepts that enable them to make decisions, solve problems, and to become self-directed lifelong learners who are informed physical activity consumers.

READINESS (Kindergarten)

Students know and are able to do the following:

STANDARD 2: PHYSICAL ACTIVITY	Comments	Emergent	Supported	Functional	Independent
READINESS (Kindergarten)		See AST Score 1-3	See AST Score 4-6	See AST Score 7-10	See AST Score 11
2PA-R1. Identify that physical activity is necessary to build good physical fitness.					
PO 1. Recognize that physical fitness is the ability to work and play with energy to spare.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
PO 2. Identify feelings that result from participation in fitness activities.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
2PA-R2. Identify that there are different parts of physical fitness.					
PO 1. Understand that warm-up activity and cool-down are essential parts of a fitness activity.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
2PA-R3. Identify the different parts of physical fitness.					
PO 1. Demonstrate aerobic, muscular strength, muscular endurance, and flexibility activities.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11

Student: _____ Date of Birth: _____ SAIS Number: _____

STANDARD 3: PHYSICAL ACTIVITY

Students exhibit a physically active lifestyle.

FUNCTIONAL (Ages 3-21)

Within the functional context of home, school, work, and community environments, students know and are able to do the following:

STANDARD 3: PHYSICAL ACTIVITY	Comments	Emergent	Supported	Functional	Independent
FUNCTIONAL (Ages 3-21)		See AST Score 1-3	See AST Score 4-6	See AST Score 7-10	See AST Score 11
3PA-FS1. Identify and participate in age-appropriate leisure activities.					
PO 1. Engage in passive leisure activities individually or with others (e.g., listen to music; watch television; go to the library, movies, performances, spectator sports, or events).		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
PO 2. Engage in active leisure activities individually or with others (e.g., games, sports, exercise, and hobbies).		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
PO 3. Use recreational facilities (e.g., arcades, parks, recreation centers, and fitness clubs).		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11

Student: _____ Date of Birth: _____ SAIS Number: _____

STANDARD 3: PHYSICAL ACTIVITY	Comments	Emergent	Supported	Functional	Independent
READINESS (Kindergarten)		See AST Score 1-3	See AST Score 4-6	See AST Score 7-10	See AST Score 11
3PA-R1. Engage in moderate to vigorous physical activity.					
PO 1. Participate regularly in moderate to vigorous physical activity.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
PO 2. Participate in gross motor activity of a moderate to vigorous nature.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
3PA-R2. Select and participate in activities that require some physical exertion during personal choice times.					
PO 1. Explain how some physical exertion is good for personal well being.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
PO 2. Participate in a wide variety of activities outside of physical education class.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
3PA-R3. Identify likes and dislikes connected with participation in physical activity.					
PO 1. Recognize that exercise is good for one's health.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11

Student: _____ Date of Birth: _____ SAIS Number: _____

STANDARD 4: PHYSICAL ACTIVITY

Students achieve and maintain a health-enhancing level of physical fitness.

READINESS (Kindergarten)

Students know and are able to do the following:

STANDARD 4: PHYSICAL ACTIVITY	Comments	Emergent	Supported	Functional	Independent
READINESS (Kindergarten)		See AST Score 1-3	See AST Score 4-6	See AST Score 7-10	See AST Score 11
4PA-R1. Sustain moderate to vigorous physical activity for short periods of time.					
PO 1. Sustain moderate to vigorous physical activity for short periods of time.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
4PA-R2. Identify the physiological signs (e.g., fast heart rate, increased breathing) of moderate physical activity.					
PO 1. Recognize that moderate physical activity increases heart rate and breathing rate.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11

Student: _____ Date of Birth: _____ SAIS Number: _____

STANDARD 5: PHYSICAL ACTIVITY

Students develop self-initiated behaviors that promote effective personal and social interaction in physical activity settings.

READINESS (Kindergarten)

Students know and are able to do the following:

STANDARD 5: PHYSICAL ACTIVITY	Comments	Emergent	Supported	Functional	Independent
READINESS (Kindergarten)		See AST Score 1-3	See AST Score 4-6	See AST Score 7-10	See AST Score 11
5PA-R1. Apply, with teacher reinforcement, classroom rules and procedures and safe practices.					
PO 1. Follow identified rules and procedures.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
PO 2. Work in a group setting without interfering with others.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
PO 3. Handle and care for equipment safely and responsibly.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
5PA-R2. Share space and equipment with others.					
PO 1. Take turns using a piece of equipment.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
PO 2. Participate in physical activity, respecting others' personal space.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11

Student: _____ Date of Birth: _____ SAIS Number: _____

STANDARD 6: PHYSICAL ACTIVITY

Students demonstrate understanding and respect for differences among people in physical activity settings.

READINESS (Kindergarten)

Students know and are able to do the following:

STANDARD 6: PHYSICAL ACTIVITY	Comments	Emergent	Supported	Functional	Independent
READINESS (Kindergarten)		See AST Score 1-3	See AST Score 4-6	See AST Score 7-10	See AST Score 11
6PA-R1. Interact positively with students in class regardless of personal differences (e.g., race, gender, disability).					
PO 1. Participate with peers without regard to personal differences (e.g., race, gender, and ability).		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
6PA-R2. Demonstrate cooperation with others in group tasks.					
PO 1. Demonstrate willingness to participate in all group activities.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
PO 2. Explain how sharing with others can lead to positive feelings (acceptance, belonging to the group).		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11

Student: _____ Date of Birth: _____ SAIS Number: _____

STANDARD 7: PHYSICAL ACTIVITY

Students develop behavioral skills (self-management skills) essential to maintaining a physically active lifestyle.

READINESS (Kindergarten)

Students know and are able to do the following:

STANDARD 7: PHYSICAL ACTIVITY	Comments	Emergent	Supported	Functional	Independent
READINESS (Kindergarten)		See AST Score 1-3	See AST Score 4-6	See AST Score 7-10	See AST Score 11
7PA-R1. Engage in physical activities.					
PO 1. Explain that activity is good for one's health.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
PO 2. Identify feelings that result from participation in physical activities.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11
PO 3. Participate in a variety of activities that require varying degrees of physical exertion (e.g., large group games, aerobic activities, and fine motor).		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11

Student: _____ Date of Birth: _____ SAIS Number: _____

STANDARD 7: PHYSICAL ACTIVITY	Comments	Emergent	Supported	Functional	Independent
READINESS (Kindergarten)		See AST Score 1-3	See AST Score 4-6	See AST Score 7-10	See AST Score 11
7PA-R2. Try new movement activities and skills.					
PO 1. Participate in a wide variety of physical activities.		P B R 1 1 1 2 2 2 3 3 3	P B R 4 4 4 5 5 5 6 6 6	P B R 7 7 7 8 8 8 9 9 9 10 10 10	P B R 11 11 11